metro LIFE

FIND YOUR INNER NINJA TURTLE

talk about fresh solutions

save on foods

Check out this week's Fresh Solution,
Mini Pizzas with Tomatoes and Basil, on pages 6 and 7.

Feeling inspired? Pop into a local Save-On-Foods store to pick up the ingredients in one easy stop.

Vancouver metro

Your essential daily news | WEEKEND, JUNE 3-5, 2016

High 21°C/Low 14°C Mixed

NEW DIGS

Forced out of Yaletown, the Vancouver Farmers Market settles in to its new downtown location metroNEWS

The new market opened its doors Thursday at Queen Elizabeth Plaza. JENNIFER GAUTHIER/METRO

'They just made the decision'

BURRARD INLET

Vancouver police officers make a splash with rescue

David P. Ball
Metro | Vancouver

A day after two police officers leapt into the Burrard Inlet's churning waters to rescue a man screaming for help, their spontaneous act is still making a splash on the force.

Witnesses saw a fully clothed man flailing in the water off the Stanley Park Seawall around 3 p.m. Wednesday, and made multiple calls to 911, according to police spokesman Const. Brian Montague.

But before the VPD Marine Unit could show up, two patrol officers arrived in their cruiser — one with nearly five years on the force, the other approaching two, he said.

"This individual was getting to the point where he was really struggling," he said after reviewing the officers' notes. "They just made the decision it was something they needed to do."

The two officers removed their uniform shirts, bulletproof vests and duty belts — "which are obviously very heavy," Montague noted, locked their guns in the car, "and hopped in to the water and swam out.

"But they swam with boots on, which would be a challenge."

He said the two officers approached the flailing man, and asked him to turn to face away from them — preventing him from grabbing and submerging them, a potential risk when rescuing people in a panic. When marine unit and Coast Guard boats arrived, the man was lifted into the boats.

Neither the two officers nor other police who arrived on scene were available for an interview, but patrol officer Const. Lee Marten tweeted a photo of the two drenched police officers in their undershirts, wrapped in blankets after the rescue.

"(Vancouver Police Department) officers jumped into Burrard Inlet to save a swimmer in distress," he tweeted. "All involved are safe. #beyondthecall."

The 45-year-old they rescued, however, posed a mystery for police. He claimed to have entered the water fully clothed in West Vancouver, across the Inlet, but could not explain why.

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metro NEWS

Your essential daily news

The Diefenbunker, Ottawa's nuclear-proof Cold War shelter, is looking for help with faulty toilets.

AFFORDABILITY

City Hall sleep-in no joke

Matt Kieltyka
Metro | Vancouver

Vancouver's affordability crisis is no laughing matter, as Michael Schellenberg has come to learn.

The 25-year-old graphic designer thought it would be funny to put up a parody Facebook event inviting young people to sleep over at Vancouver City Hall to highlight high housing prices in the city.

"Starting June 3rd, all empty office cubicles will be available to people who can't find or afford homes," the event description reads. "Make yourself at home everybody!"

It was all innocent fun until hundreds of people announced they would attend and political parties, like the Coalition of Progressive Electors (COPE), endorsed the protest.

All those people may or may not really show up Friday but Schellenberg's fake event had become something very real.

"Anyone my age is having a hard time finding a home," said Schellenberg. "I had my suspicions people would just on board [with the event] but the genesis of it was as prank."

Now that the event is really happening, Schellenberg believes a big turnout will allow young adults to add their voice to the housing debate.

"There are a lot of people with a lot of good ideas. Big things need to happen soon."

Condo marketer Bob Rennie speaks at the Urban Development Institute conference Thursday. JENNIFER GAUTHER/FOR METRO

City's dilemma: Low density or low prices

HOUSING CRISIS

'Condo King' says it's now time to change the narrative

Wanyee Li
Metro | Vancouver

If Vancouver's top condo marketer, Bob Rennie, had his way, there would be 380 more high-rises in Vancouver.

The influential "Condo King" spoke at the Urban Development Institute conference Thursday, where he offered his thoughts on the city's housing crisis.

"The city can have lower density or lower prices. It cannot have both," he said.

Critics in the past have said the phenomenon where many who work in Vancouver cannot live in the city demonstrates a lack of affordable housing.

But if everyone who works in the city were to live within its boundaries, Vancouver's population would have to grow by 30 per cent, according to Rennie — and that means more condos.

He said 380 30-storey towers would have to be built in order to house the new residents. Alternatively, developers could tear down 12,666 single-family houses to build 76,000 townhomes.

But policymakers and developers often face harsh criticism when new developments in single-family neighbourhoods are announced.

Rennie then offered another solution — frame the affordability issue as a region-wide problem rather than a city problem.

> **Without supply, there will not be affordability.**
> Bob Rennie

He noted that organizations like Telus are increasingly letting employees work from home, making commutes a non-issue.

"We cannot solve affordability if we only look at the city where the 650,000 live (in Vancouver), but maybe we can where the 2.5 million live in Metro Vancouver," said Rennie. He then emphasized the burden of increasing supply should not fall on government.

"If (Mayor) Gregor (Robertson) builds it, the taxpayers pay for it, if (Housing) Minister (Rich) Coleman builds it, the taxpayers pay for it. Let's change the narrative."

NATURE

Bees buzz to a new pasture

Thandi Fletcher
Metro | Vancouver

As Rene Roddick stood amidst the wildflowers blooming in a Richmond industrial park, he says he was transfixed by a distinct buzzing sound.

A few months earlier, any buzz the BC Hydro biologist would have heard in Bridgeport Industrial Park, previously a neglected strip of grass, likely would have come from the high-power transmission lines above.

Bees thrive in Richmond.

Now, the park has been transformed into a hive of activity after wildflowers were planted last spring through a joint pilot project between BC Hydro, the city of Richmond and Emily Carr University to help native bees.

"It's an air traffic area so there's a plane every two minutes," he said. "But every two minutes, it would break and there would be this beautiful hum. The whole of the ground was just crawling with bumblebees. It was just amazing."

On Saturday, the public is invited for a picnic to see the "pollinator pasture." From 11:30 a.m. to 3 p.m., visitors can learn which wildflowers they can plant to also support bees.

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Farmers market tries out new location

DOWNTOWN

Organizers have not ruled out future Yaletown site

Wanyee Li
Metro | Vancouver

The former Yaletown Farmers Market received a warm welcome as it opened in Queen Elizabeth Theatre Plaza Thursday under a new name, the Downtown Farmers Market.

People who used to shop at the Yaletown market will now have to walk several blocks to reach the new location but that didn't stop dozens of people from visiting the market Thursday afternoon.

The market changed its location due to a lawsuit against the Yaletown Business Improvement Association from several business owners in the area, but it turns out the move may help the market grow.

"It has a lot more potential. There's room to grow here. I think for the vendors and the shoppers, I think it's a huge success," said Carla Shore, chair of the Vancouver Farmers Markets (VFM) board of directors.

"It's very possible that we will have more vendors here in the coming weeks."

There are no immediate plans to move back to the old location, said Shore, who told Metro in May the organization felt it had no choice but to move due to the lawsuit.

But Shore has not ruled out creating yet another market in Yaletown in the future.

"If we were offered a solution that had a long-term future in Yaletown with a real welcome, we would love to consider moving back — or having another market there."

The VFM operates seven markets in Vancouver during the summer months.

The new Downtown Farmers Market opened its doors on June 2 at Queen Elizabeth Plaza.
JENNIFER GAUTHIER/METRO

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VANCOUVERING

with icons by **Danielle Vallée** from the noun project

DIY repair movement has Van in a real fix

VANCOUVER TRENDING

Amy Logan
For Metro | Vancouver

CIRCULAR ECONOMY

A senior learns how to install new brake pads on her bike at Our Community Bikes; a teen sews a colourful patch onto his jeans at a Homestead Junction workshop instead of buying a new pair.

Resisting today's throwaway culture, they are part of a growing movement intent on fixing things that are broken, exchanging skills and advice, and working towards a more sustainable society.

Repair Matters meets monthly, offering Vancouverites a space to work on things like broken sewing machines, electronics, and vacuums. Encouraging people to take an active part in repair, their events and workshops gather people with a wide range of skills to share knowledge and work together to find creative solutions.

Karen Byskov, Jade Chang, Shea O'Neil and Jessica Beketa are the women at the heart of Repair Matters. All four of them were involved in projects related to repair and zero waste before they met each other.

At Repair Matters's next event, on Saturday at Grace Memorial Church, people can bring in an object that they'd like to have fixed. Volunteer fixers will help troubleshoot and, ideally, fix the items.

"Repair matters for many reasons, one of the major ones being that it diverts waste from the landfills," Beketa says. "It also allows people to learn about how objects are made and teach each other basic troubleshooting skills."

Greg Stone and Lode Ameije put their heads together at a recent Repair Matters event. CONTRIBUTED

Some local outdoor-gear shops also encourage customers to repair items rather than throwing them away. At Mountain Equipment Co-op, for instance, customers can bring in a sleeping bag with a broken zipper, or a ripped tent and have it repaired for a small fee.

They also offer a free online gear swap, where customers can buy, sell or trade used gear. And Patagonia, which also strives for sustainability, recently had a visit from the Worn Wear Wagon, a travelling repair van, fuelled by biodiesel, that offers free repair of outdoor gear, regardless of brand.

In a similar spirit, local design lab Frameworq is committed to the principles of the so-called circular economy, offering events and workshops that promote sustainability. Frameworq is premised on the idea that, while ecosystems are circular, humans tend to take a linear approach to living, producing, consuming and disposing of products instead of recycling, repairing or upcycling. Upcoming events include two fix-it workshops, one on June 12 with Flaunt Fashion Library, and the other on June 29 at Dudoc Vancouver.

As for why the DIY repair movement and circular economy seem to be gaining traction in Vancouver: "I think there is a greater awareness today about how we are negatively affecting the environment, and it seems many people want to contribute to solutions that reduce this negative impact," Beketa said.

One of her favourite stories is the time a woman brought her sewing machine in for repair, and while a fixer was looking at it the woman herself ended up helping repair someone else's Cowichan sweater.

"It was one of those unexpected, beautiful moments of skills sharing," she says.

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VANCOUVERING

The plan to erect a barrier on the Burrard Bridge has opponents suggesting alternatives. JENNIFER GAUTHIER/FOR METRO

A public renovation that could save lives

Is a Burrard Bridge fence the best way to tackle a deadly crisis?

CAFÉ POLITICS

MENTAL HEALTH

David P. Ball
Metro | Vancouver

Vancouver's plan to add a metal barrier to the Burrard Bridge — as part of ongoing construction work on the 1932 Art Deco landmark — has heritage advocates calling for it to consider other options to prevent deaths by suicide.

A city council motion from Coun. George Affleck for the city to consult the public on the $3.5-million barrier was dismissed earlier this week. But an online petition against the fence, "Stop the changes to Burrard Bridge," had garnered 1,643 supporters by Thursday.

The Non-Partisan Association councillor insisted he has no problem with the city doing something to address mental health issues. He wants staff to put alternative options before residents, for example installing crisis-line phones on the bridge, catchment netting underneath, Plexiglas, or thin mesh.

"Fencing was the only option given to us," he said in an interview. "I don't think netting was considered enough. I think it's a good option."

In B.C., roughly 500 people die by suicide every year, according to the Canadian Mental Health Association, and around 90 per cent of them have depression, addiction or other mental illness. Mental health experts call bridge barriers "means prevention."

"That the city is taking some of their dollars and contributing them to a community response is a bold and courageous move," said Michael Anhorn, executive director of CMHA Vancouver Fraser. "I don't think a barrier on any bridge is the only answer but … if the means aren't immediately available, often people are forced to take some time to reconsider.

"It doesn't mean they won't attempt again, but it gives people around them and the health care system time to interact with them and to intervene. That may save their lives."

Anhorn said that because health care is under provincial, not municipal, jurisdiction, a barrier is one way Vancouver can be part of a broader "holistic community" response.

But Affleck countered there are ways Vancouver could fund mental health. The Burrard fence's $3.5-million price tag could instead be used for non-profits' crisis intervention programs, he argued.

"These people are experts," he said. "I'm sure over 10 years that $3.5 million would go a long way, whether counselling or programs."

Kitsilano resident David Fine created the anti-fence petition because he was "shocked" the barrier was announced without public consultations.

"It's such a significant feature of this bridge," he said. "It's one of the most astounding features of our city — and it's a very uplifting and wonderful view from the bridge.

"I consider the barriers a Band-Aid solution. … You want to stop people from getting to the point where they're on the bridge."

The iconic monument isn't the only piece of public infrastructure to face scrutiny over barriers: the Ironworkers' Memorial Bridge already has one.

In 2003, Toronto installed a thin wire screen around its Bloor Street Viaduct, nicknamed the "Luminous Veil." Dr. Mark Sinyor, a psychiatrist at Toronto's Sunnybrook Health Sciences Centre, authored a 2010 British Medical Journal study that found the Luminous Veil had ended suicide at that location — but that the Toronto-wide suicide rate had remained unchanged despite the barrier.

Does that mean the barrier was a failure, or that deaths simply moved elsewhere? Making someone hesitate indeed saves some lives, he said.

"If there's some ability to make it visually pleasing, that's always a plus," he said. "Then it can be a kind of 'beacon' of something — it's a message to people that we care about suicide and want to prevent it."

But means prevention won't be much use, he argued, unless it's paired with services — and education that "debunks some of the myths of suicide, the idea it's inevitable or that there are no other options," he said. "I see people in my office every day who say they're hopeless and nothing can be done to help them.

"I stay with them and try to provide them adequate treatment, and invariably they are in a month later and say, 'Thank goodness I had this treatment.'"

If you or someone you know needs help, call 1-800-SUICIDE or visit crisiscentre.bc.ca

> **I don't think any one intervention in isolation is the solution. Is a barrier the only one? No.**
> Michael Anhorn, CMHA Vancouver Fraser

Paul Allain's house was destroyed. KEVIN TUONG/FOR METRO

A tale of two homes

Return to FORT MAC

One stands, the other was destroyed

Alex Boyd
Metro | Edmonton

On the cul-de-sac, located 100 metres from the edge of the boreal forest, there is a lesson in the randomness of wildfire.

Paul Allain's house on the corner is gone. Its walls are beginning to buckle and the roof is caving. A scorched set of Christmas lights, all the bulbs shattered, hangs from the corner.

But Mike Stringer's house, right beside Allain's, has been spared. And on Thursday, the two stood on their cul-de-sac, in the Timberlea neighbourhood of Fort McMurray, and absorbed the aftermath.

"A lot of hard work gone down the drain," Allain said, standing just outside the fence that someone — probably the RCMP — set up to separate his house from his neighbours.

"It took four years to get it to the way my wife wanted it."

Stringer, who had just arrived from Edmonton, appeared shaken. "I thought there were only a few houses that burned," he said.

Timberlea only saw 13 homes burn, but this cul-de-sac and the connected street bore the brunt of the damage. A whole row of houses opposite has vanished, leaving skeletons of cars and children's playground equipment. From there, the fire jumped the street to devour a small cluster of homes, Allain's among them. It stopped at an invisible line dividing his house from his garage.

Allain joked that he saved something from the fire after all: The four dozen beers he'd left in the garage.

As he surveyed the ash, sprayed with a white compound to stop the spread of toxic chemicals it contains, he wasn't sure there was hope of retrieving the family photos and baby clothes that his wife asked him to look for. His first child was due the day of the fire.

Luckily, his son arrived eight days early, so when forced to evacuate, the family was able to load the baby up and go.

Despite his loss, he said he plans to rebuild in the neighbourhood, which he added is the sort of place where people shovel each other's driveways.

But he won't bring a newborn back until the house is complete. He hopes to return by Christmas.

CYBERBULLYING

Insurance to cover victims' legal costs

In a sign of the times, Chubb has brought its cyberbullying insurance to Canada.

The coverage for homeowners provides up to $60,000 to pay for a victim's expenses related to harassment and intimidation committed by computer, phone or mobile devices.

It suggests costs could include legal defence against wrongful termination or false arrest. Costs could also include medical treatment for mental anguish or shock, security consultants and professional public relations services.

Chubb's coverage for victims of cyberbullying was introduced in the U.K. in December and has been offered in the U.S. since March. THE CANADIAN PRESS

talk about fresh solutions

Mini Pizzas with Tomatoes and Basil

Prep Time: 10 minutes | Cook Time: 10 minutes | Makes 3 Servings

Ingredients

1 pkg-3 Western Family Hand Stretched Pizza Crust

¼ cup (60 mL) Basil Pesto

8 ounces (225 g) grape tomatoes, halved

3 tbsp (45 mL) pitted Kalamata olives, halved

1 cup (250 mL) Galbani fresh mozzarella sliced log

¼ cup (60 mL) grated Parmesan

¼ cup (60 mL) extra virgin olive oil

¼ cup (60 mL) Western Family Organics fresh basil, chopped

Directions

1. Preheat oven to 425°F (220°C).
2. Spread pesto over mini pizza crusts. Top with tomatoes and olives. Add mozzarella and Parmesan.
3. Bake for 10 minutes or until cheese has melted.
4. Drizzle with extra virgin olive oil and top with fresh basil. Serve.

Tip: Add any extra veggies, meats or cheese that you have on hand.

save on foods

France, Germany under water

WEATHER

Six dead as water levels continue to rise

Residents evacuate their home in Simbach am Inn, Germany (left) and in Nemours, south of Paris (right), on Thursday. Floods inundating parts of France and Germany have left six people dead and thousands trapped in homes or cars, as rivers have broken their banks from Paris to Bavaria. GETTY IMAGES & THE ASSOCIATED PRESS

The rising waters of the Seine overflowed riverbanks, roads and rail tracks across Paris on Thursday, forcing authorities at the Louvre to do something they have not done in generations: hurriedly move precious artworks to higher ground.

European rivers have burst their banks this week from Paris to the southern German state of Bavaria, killing six people, trapping thousands and forcing everything from subway lines to castles to museums to shut down.

Water levels at the famous river that winds through the French capital are expected to peak Friday sometime about noon. Paris police upgraded their flood warning Thursday to "orange" — the second-highest level — for areas near the Seine, which means they believe the floods could have "a significant impact" on buildings and people.

The Louvre Museum announced it will be closed Friday to remove artworks from rooms threatened by the rising waters, preventatively shifting them upstairs. Its most famous painting, Leonardo da Vinci's Mona Lisa, is staying put on an upper floor.

The Orsay museum, on the left bank of the Seine, will also be closed Friday to prepare for potential flooding.

A spokeswoman at the Louvre said the museum had not taken such precautions in its modern history — since its 1993 renovation. Some underground storerooms created during the renovation are particularly vulnerable to flood risks.

She spoke on condition of anonymity in line with the museum's policy.

The Louvre did move art to higher floors in the flood that devastated Paris in 1910, but authorities were still checking to see if similar actions had been taken from then to 1993. About 200,000 artworks are located in flood-risk areas, mostly in storerooms.

French President Francois Hollande said a "natural disaster" will be formally declared next week for areas most affected by the flooding — and a separate fund will help villages and small towns deal with the damages.

In Berlin, German Chancellor Angela Merkel, meanwhile, promised continued help for flooded areas, telling reporters Thursday that she "mourns for those for whom the help has come too late, who lost their lives."

The floodwaters in Bavaria receded somewhat and disaster relief crews were helping to clear the wreckage, but there were warnings of more storms.

THE ASSOCIATED PRESS

CINCINNATI ZOO

Gorilla exhibit re-opens

The Cincinnati Zoo said Thursday it will re-open its gorilla exhibit next week with a higher, reinforced barrier after a 3-year-old boy got into the enclosure, leading to the fatal shooting of a male gorilla.

Zoo spokeswoman Michelle Curley said the outer barrier will now be 42 inches high — a half foot taller than before — with solid wood beams on top and at the bottom, plus knotted rope netting at the bottom.

The zoo said there had been no earlier breaches in Gorilla World's 38-year history and that the previous barrier had passed multiple inspections.

"Our exhibit goes above and beyond standard safety requirements, but in light of what happened, we have modified the outer public barrier to make entry even more difficult," zoo director Thane Maynard.

Meanwhile, a prosecutor reviewing the police investigation of the case said he'll announce a decision on charges Monday.

THE ASSOCIATED PRESS

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metro VIEW

Your essential daily news

SCIENCE SAYS Weekend, June 3-5, 2016

SPOTTY INTERNET
Google searches for "chickenpox" declined rapidly in countries with mandatory vaccination.

DECODED Summer storm safety

WHEN LIGHTNING STRIKES

BOOM! CRACK! It wouldn't be summer without the sounds of a storm. It's true: Getting struck by lightning isn't likely, but it does happen — sometimes in surprising ways. **Here's how to stay safe this summer.**

BE CAREFUL

AVOID AT ALL COSTS

ON THE PHONE
If you're inside, you're likely safe. Lightning's electricity travels through the plumbing, electrical system or downspouts. But stay away from plugged-in appliances. Most lightning strikes indoors happen to people talking on landlines.
BY THE SINK OR SHOWER
There's a small chance you could be zapped by metal pipes, so put off showering or doing dishes or laundry until the storm has passed.
IN THE CAR
As long as it's not a convertible, the metal shell (NOT the rubber tires) protects you. But don't touch the metal interiors.
GOLFING
For the love of safety, don't be holding a metal golf club, umbrella or fishing pole!
OUT IN THE OPEN
Take shelter ASAP; not in a shed or under a tree. If you can't, do the lightning crouch: Get low to the ground with hands on your knees. Minimize your contact with the ground.
SWIMMING
Get to a safe spot quickly! In water (which conducts electricity), your body is likely one of the highest points around.

HOW LIGHTNING WORKS — WE THINK

1. WIND AND ICE
Small pieces of ice are tossed around in the clouds during a storm, creating static electricity.

2. CHARGE DIFFERENCE
Negative charges (electrons) accumulate at the base of the cloud, while positive charges collect at the top of the cloud and on the ground.

3. FLASH!
Positive and negative attract: A channel of negative charges (an electric current) surges towards the ground in a series of 50 to 100-metres steps. Currents of positive charges also move upward from high-up objects on the ground, like lightning rods.

4. BANG!
Lightning heats the air around it, causing it to expand and emit the BOOM we hear as thunder.

SOURCE: ENVIRONMENT AND CLIMATE CHANGE CANADA

GRAPHICS: ANDRÉS PLANA/METRO

FINDINGS
Your week in science

HOW WE MET OUR BFF
When and where did early humans befriend wolves, eventually domesticating the chow chows, chihuahuas and retrievers of today? It's been debated for decades. An Oxford genetic study of ancient and modern canines suggests humans domesticated dogs twice, once in Asia and once in Europe.

CRISP DISCOVERY
The discovery of the CRISPR system in 2012 rocked the field of genetics, allowing for precision editing of DNA. Now a similar system has been discovered for RNA, DNA's precursor. RNA has a role in a baffling array of processes. Now scientists may be able to manipulate cells in more ways than ever before.

SOUND SMART

DEFINITION
A controversy in the epidemiology and public health literature about whether **low-cost mass treatment of parasitic diseases** produces dramatic improvements in health, education and the economy.

USE IT IN A SENTENCE
"Bill and Joanne can't agree on whether to see Neighbours 2 or the Angry Birds movie. I hope this doesn't become as contested as the **Worm Wars**."

CITIZEN SCIENTIST by Genna Buck

Is treating food with radiation a good idea?

When I get an X-ray at the dentist everyone else clears out of the room. Why then, is it OK for me to eat an irradiated burger? — Angela, Calgary

A quick refresher: Radiation is movement of energy through space in the form of particles or waves. Heat, light, sound and nuclear fission are all radiation.

The gamma rays or X-rays used for sanitizing are not powerful enough to make food radioactive. There's no atom splitting going on here!

But the radiation can kill nasty bacteria, viruses or parasites lurking in the meat. There's a good reason Health Canada has announced it wants to allow the sale of irradiated ground beef: Four million Canadians get food poisoning every year and a couple of hundred die.

There's been half of a century of research on the health effects of food irradiation. Some concerns have been raised about the formation of free radicals and other potentially harmful chemicals during the process. But pretty similar stuff is created when you cook meat, and the scientific consensus is that radiation by-products aren't present in high enough amounts to have significant effects. Overall, the benefits far outweigh the risks.

As for your dentist's office: X-rays aren't benign. They have damaging effects on DNA that are cumulative. Over the long term, exposure increases the risk of cancer. That's why you wear a protective lead apron and why staff leave the room. But X-rays don't make you radioactive.

Your question shows why so many debates on fundamental questions of science devolve into the opposing sides shouting past each other. We're not all defining our terms the same way or working with the same base of knowledge. Three cheers for scientific literacy!

Science Question? Tweet @genna_buck

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by Jason Logan

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MOVIES MUSIC TELEVISION GOSSIP

TMNT

A psychologist analyzes the heroes in a half-shell

Colin McNeil
Metro | Canada

As the surprisingly informative theme song for the 1987 cartoon series tells us: "Leonardo leads, Donatello does machines … Raphael is cool but rude, Michelangelo is a party dude."

But is there more to our favourite heroes in a half-shell?

With the new Teenage Mutant Ninja Turtles movie opening today, we took a tumble down the proverbial manhole with Dr. Jeff Howlin, a licensed psychologist "steeped in Jungian theory" to find out what really makes the Turtles tick. Dr. Howlin put the TMNT universe under the microscope of Jungian psychology – a school of analysis named for Swiss psychiatrist Carl Jung that entails "the study of the psyche's (or soul's) tendency toward wholeness."

For Howlin, the turtles shouldn't be looked at as individuals, but as four slices of a whole mental pizza. In his view — let's dub it Shell Theory — the four turtles represent one man's psyche.

"Yes we're talking about individual turtles," Howlin explains, "but all of this can be about the development of an individual and the different parts within them."

Each turtle represents four essential "masculine archetypes," forming a well-rounded, healthy psyche when they work together as a team.

Michelangelo — the care-free adventurer. Donatello — the wiz kid with his head in the clouds. Leonardo — the diligent, disciplined student. And Raphael — the emotional fighter with anger issues. Each one is a splinter of the subconscious with "unique and important things to bring to the development of a single personality."

In other words, there's a little Raph, Mikey, Donnie and Leo in all of us.

"An important part of Jungian psychology is for a person to become who they are," says Howlin.

Decoding the boys in green

THE REST OF THE CHARACTERS

April O'Neil
April represents the anima, or feminine archetype, present in every male mind, says Howlin. It's an important part of the male psyche.

Shredder
The turtles' sharp, chrome-coated nemesis is the self-destructive part of our psyche that wants to "stop growth and development; to stop the good that's happening; to stop the striving towards wholeness. That would be the inner shredder," says Howlin.

Casey Jones
The vigilante who uses sports equipment to beat people into submission is the stereotypical male archetype that society often pushes men to be: a hyper-aggressive representation of the animus.

Splinter
According to Howlin, the turtles' mentor and surrogate father clearly fits Jungian psychology's wise old man archetype — an often benevolent, mystical guiding figure to psyche's central hero.

The term is individuation — but just call it destiny. The turtles' journey toward being one cohesive fighting unit — their inter-family strife, and their training — is our hypothetical little boy's personality struggling to become a full-fledged man.

"If we're looking at a young boy developing into a teenager, developing into an adult, one of the tasks of the boy is to become familiar with these different parts — the Donatello, the Leonardo, the Michelangelo, the Raphael, and to get used to using them in their life," says Howlin.

"Somebody who's 12 could be really drawn to Michelangelo, and when they hit 18 they're going to be drawn to Leonardo." A whole and healthy person, he says, has access to all four turtles.

TMNT is "really symbolically talking about what's happening inside of us on an emotional level," says Howlin.

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Love blossoms late for Julie Delpy's heroine

CINEMA

Lolo plumbs deeper depths than many in rom-com genre

Steve Gow
For Metro Canada

Vincent Lacoste and Julie Delpy in Lolo. PACIFIC NORTHWEST PICTURES

Julie Delpy may not have come up with the definition herself, but she loves that the Village Voice called her latest film a "maternal horror film disguised as a rom-com."

"I would say that it is a bit of a mother's nightmare," said Delpy of Lolo — her new movie about "finding love again in your forties, especially with someone who doesn't seem like the perfect match."

In the comedy, Delpy (who co-wrote, starred and directed) is a Parisian fashion designer who may have found her ideal-albeit-awkward suitor until her malevolent 19-year-old son wages war on the would-be romance.

"I thought, what's the hardest thing to actually see as an enemy — your own child," said Delpy of the plot's origin. "There's no one you love more in the world so it was complicated."

Already a hit in France, Delpy may be gaining fans with the high-concept narrative but it wasn't without much effort. In fact, for someone who stepped into Tinseltown's spotlight over two decades ago and even earned a pair of Oscar nominations for co-authoring Before Sunset/Before Midnight — the 46-year-old triple-threat still struggles to catch the attention of Hollywood financing.

"It's a men's club, there's no doubt about it," insisted Delpy, adding the diversity gap in movies is still rampant.

"The reality for me is that because it's so bad in Hollywood, I financed my film out of Europe because there's no way I can make my films (in America). I would not be a director if I waited for people to give me money in this country."

Still, Delpy remains positive and centered on simply being creative. Having escaped into writing ever since she was a child, Delpy admits she has stacks of unproduced screenplays. And although she rarely mentions them for fear of jinxing their prospects, she remains excited about one specific project – if she can get it off the ground.

"It's a really beautiful, fun, dark comic book," Delpy says of Cancer Vixen, the graphic memoir she has adapted about author Marisa Acocella Marchetto's bout with breast cancer. "I really think that film is going to happen (but) I'm still knocking on wood."

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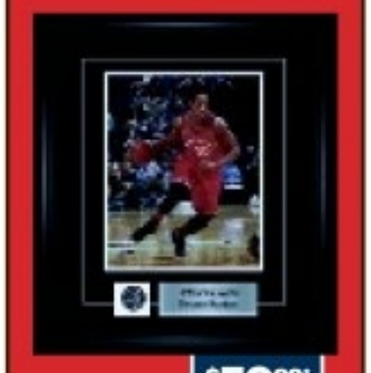

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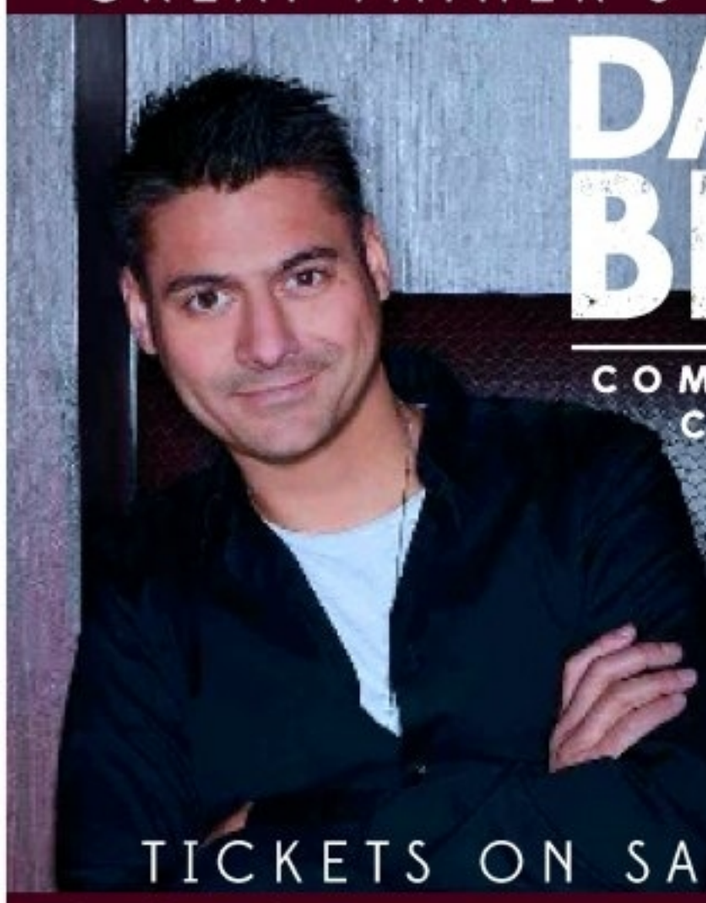

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French street artist makes Louvre crystal disappear

Panoramic views from the park

GRASSLANDS

Bisson, borealis — Prairies not so plain after all

Jenn Smith Nelson
For Torstar News Service

"Is there going to be anything to do?" My eldest son interrupts my count of Swainson's hawks atop passing power posts.

His worry is tied to the increasingly vast prairie vista complete with coulees and rolling soft hills greeting us — one completely devoid of play structures and stores and stuff. I urge him to keep an open mind, reminding him this isn't a typical trip.

It's a beautiful day with light, fluffy, white clouds dotting an azure sky. After nearly four hours driving southwest, my two sons, partner and I stop briefly in the Gateway to the Grasslands, Val Marie, Sask.

Grasslands National Park, our end destination, is an impressive expanse divided into two blocks — east and west.

Our cracked windows allow in a slight breeze carrying the sweet smell of sage-y grasses as we follow the Ecotour Road and happen upon a roadblock; a few hundred, in fact.

Bison as far as our eyes could see litter the panorama. Sunning, sauntering and grunting, young calves mosey alongside 2,000-pound giants. Spread out like hay bales, the herd is unfazed as our slow-moving vehicle weaves along.

We arrive at the Frenchman River Valley campsite area and cart gear to our tipi while the boys head off for a well-timed, Parks Canada Junior Naturalists program.

Eager to be free, they excitedly begin searching for evidence of life in the park, armed with lists and digital cameras. Once unpacked, we sit in oversized chairs and rest, taking in the camp's panoramic prairie view.

It's midday when they return, grins wide, eager to share what they've learned. It's scorching at more than 30 C, so we take refuge in the tipi, grabbing a snack before hopping back in the van to drive to 70 Mile Butte to hike and take in the sunset — a spot we've been told is the park's best vantage point.

Heading back the way we came, a sign warning of wildlife I didn't want to see — rattlesnakes — greets us at the entrance to the butte's upward winding trail.

TIP

Try to devote three to five days to your visit. There is much to do here, including astronomy, birding and fossil finding.

From the hundreds of bison that call Grasslands National Park home, to hunting for treasures to skies that leave you speechless, the area makes for a great camping trip. JENN SMITH NELSON

Scaling the fence, the boys jet off and keep a steady pace ahead as we meander along, stopping to read signs identifying indigenous plants and to admire lichen-covered rocks.

An hour later we are rewarded with an incredible view.

Spinning 360 degrees, we marvel at the sprawling green landscape while waiting for the sun to set. Building small rock Inukshuks cliffside, my boys make me nervous as they creep too close to the edge for my comfort.

Soon, the sun begins to dip; golden rays descend quickly along the prairie horizon. We head back knowing the dark will follow, but unexpectedly the sky comes alive. Hues of blue from the sunset deepen against rich tones of pink and strokes of violet, stopping me in my tracks — frozen by the display. Wispy clouds shift shapes, dancing across the sky. The boys who are ahead of me finally notice, and stare mesmerized.

Camp is dark when we return and the sky decides to put on another dazzling display. This time, it's the green swirls of aurora borealis amidst a clear, starry night in Canada's darkest dark sky preserve. My eldest oohs and awws before heading in to sleep, completely tuckered.

Jenn Smith Nelson was hosted by Parks Canada and Tourism Saskatchewan, neither of which reviewed or approved this story.

Charming Granada

La Catedral de Granada is easily Granada's most recognizable feature in a city full of beautiful colonial architecture. NICARGUA TOURIST BOARD

CENTRAL AMERICA

Nicargua gives Costa Rica a run for its money

It was just over 20 years ago, when the political turmoil settled down, that a few intrepid surfers and backpackers started exploring the Pacific coast of Nicargua as an alternative to increasingly pricey Costa Rica.

Today, travellers are increasingly discovering this Central American hidden gem.

"There are so many people saying 'Forget Costa Rica, that's over.' Nicaragua is the new big destination in Central America," says Raymundo Solorzano, a guide with 22 years experience.

Granada, a small, traditional-looking city on Lake Nicaragua, is easily the most picturesque hub for nightlife, festivals and foodism, beating out the less walkable capital, Managua, where life gravitates towards the suburbs.

Granada is laid out in accordance with Spanish colonial urban planning, with narrow cobblestone streets spreading out from a pedestrian-friendly, tree-filled square — similar to a Mexican zocalo. This is the town's heart, where street vendors hawk goods and bands play to tourists and families alike on weekends and holidays, all under the shadow of La Catedral de Granada, the city's most recognizable building.

Connecting Granada's central square to the malecon (the lakefront recreational area) is Calle La Calzada, a charming street that, at night, is full of people relaxing on patios, people spilling out from the sidewalk cafés, restaurants and ubiquitous Irish bars.

These bars do a brisk trade in tropical rum cocktails, notably, the Macua, Nicaragua's answer to the Margarita. Invented in Granada in 2006, the country's signature drink is a tart and refreshing lemon, orange and guava juice mixture, spiked with a heavy-handed pour of Flor de Cana, which, for all intents and purposes, is the country's only rum.

While the rum has a loyal local following, that's only part of the overall ethos of this remarkably locavore-friendly nation resistant to multinationals.

Solorzano shakes his head disapprovingly at the prospect of rums made in "far away" places such as Guatemala. He points out there are very few American fast-food outlets in Nicaragua.

"The most popular fast food here is the fritanga," Solarzano explains. TORSTAR NEWS SERVICE

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Sid's foresight has Pens flying

STANLEY CUP FINAL

Pittsburgh 'C' a commanding presence through 2 games

It is almost as if Sidney Crosby is single-handedly imposing his will on the Stanley Cup final.

Crosby essentially called the shot on the play that gave Pittsburgh a 2-1 overtime win on Wednesday and a 2-0 lead as the best-of-seven final transitioned to San Jose for Games 3 and 4.

But more than that, Crosby's unselfish play and off-ice leadership are motivating his teammates to rise to new levels. If there's an optional practice, Crosby is almost certainly on the ice working to get better.

"Sid, he's just been a horse out there," Penguins coach Mike Sullivan said. "For me right now, I think he's inspiring for our group. I know our players recognize the effort that he's putting in. You can see it in his body language. He's excited about this opportunity that we have. He's trying to make the most of it."

Sidney Crosby GETTY IMAGES

Bu some Sharks don't like the way he's been lining up in the faceoff circle.

"He cheats," San Jose centre Logan Couture said. "He gets away with it. He's Sidney Crosby. He times (the faceoffs) and they don't kick him out for some reason, probably because of who he is."

Sullivan defended Crosby in a Thursday conference call.

"Listen, all centres that go in there and take faceoffs, they're trying to get an edge. That's just the reality of it," he said. "Sid isn't doing anything their guys aren't doing."

Either way, the overtime goal was a thing of beauty. The boxscore line reads Sheary, from Letang and Crosby. But it was Crosby who told everyone where to stand and drew up the play.

"Sid came up to me before the draw and told me to line up on the wall," said Sheary. "We hadn't really done that before. He said he's going to wing it back and Tanger is going to find me in the soft area there. Found it pretty perfectly."

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Title shot after a long 10 years

UFC

Englishman Bisping hoping for more latter-day magic

Michael Bisping fought for 10 years and 25 UFC bouts to get the opportunity that finally arrived in a rush last month.

The 37-year-old middleweight has beaten stars, lost to drug cheats and made millions in mixed martial arts, but he had never fought for a UFC title. A flamboyant English bad boy who promotes as well as he fights, Bisping thrived for years as a villain before emerging as a grudging fan favourite for his verbal dexterity and sheer tenacity in a notoriously fleeting profession.

When an injured Chris Weidman suddenly dropped out of his rematch with middleweight champion Luke Rockhold two weeks ago, the promotion needed a replacement contender for the main event of UFC 199 at the L.A. Forum on Saturday night.

Michael Bisping GETTY IMAGES

Bisping (29-7) suddenly had the opportunity he had craved for a decade, albeit with no training camp against an opponent who already beat him 19 months ago.

The circumstances aren't ideal, and not many people outside his camp expect him to claim Rockhold's belt. Bisping only sees the opportunity that eluded him for so long.

"I get to walk in on two weeks' notice, I get to punch him in the face, and I finally get to become UFC champion," Bisping said. "It's my destiny."

Bisping never gave up on his dream to wear a UFC title belt, but realized that he had faltered just often enough to make it unlikely.

He was on the brink of a title shot when Dan Henderson knocked him out at UFC 100 seven years ago. He lost another title eliminator in 2012 to Chael Sonnen, and that defeat began a string of four losses in seven fights culminating in that second-round submission loss to Rockhold (15-2) in Sydney.

But Bisping rebounded with a strong recent run capped by a cathartic victory over former middleweight champion Anderson Silva in February.

THE ASSOCIATED PRESS

INTERNATIONAL FRIENDLY ENGLAND TOPS PORTUGAL IN LONDON Chris Smalling headed in a late goal as England finally broke down 10-man Portugal to secure an underwhelming 1-0 win Thursday, completing European Championship preparations for Roy Hodgson's team with a third successive win. The Euros start next Friday when host France takes on Romania. CLIVE ROSE/GETTY IMAGES

IN BRIEF

Barça says Neymar stays

Neymar is set to renew his contract with Barcelona, while Dani Alves is leaving after winning 23 trophies in eight years with the Spanish champion.

Barcelona director Robert Fernandez on Thursday put an end to speculation about Neymar's departure, saying the striker was close to signing a new and lengthy contract. THE ASSOCIATED PRESS

Muller rejoining Canadiens

Kirk Muller is returning to the Montreal Canadiens as an associate coach.

The former Canadiens captain, who was an assistant coach in Montreal from 2006 to 2011, will rejoin the Canadiens staff under head coach Michel Therrien. The Kingston, Ont., native was an assistant with the St. Louis Blues for the last two seasons. THE CANADIAN PRESS

Muhammad Ali hospitalized

A spokesman for boxing great Muhammad Ali says the former heavyweight champion is being treated in a hospital for a respiratory issue.

Spokesman Bob Gunnell said Thursday that Ali is being treated by doctors as a precaution. He says the 74-year-old is in fair condition, and a brief hospital stay is expected. THE ASSOCIATED PRESS

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RECIPE Black Bean Burger

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Make summer's ultimate dinner — the burger — healthier and more budget friendly by using black beans. This veggie burger has great depth of flavours even meat-lovers will approve of.

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Cook time: 10 minutes

Ingredients
- 2 x 14 oz. cans of black beans
- 1 egg
- 1/4 cup of panko (or plain breadcrumbs)
- 2 tsp cumin
- 1 tsp dried oregano
- 1/4 tsp cayenne
- 1/4 cup fresh cilantro
- 3 Tbsp oil

Directions

1. Rinse the black beans in a colander. Add one can of beans, panko, cumin, oregano, cayenne and the egg into a blender. Pulse it until it forms a purée. Empty the blender contents into a bowl. Stir in the other can of beans and the cilantro.

2. Use your hands to form into patties.

3. Heat oil in a pan to medium then gently place your patties in. Cook for 5 minutes a side.

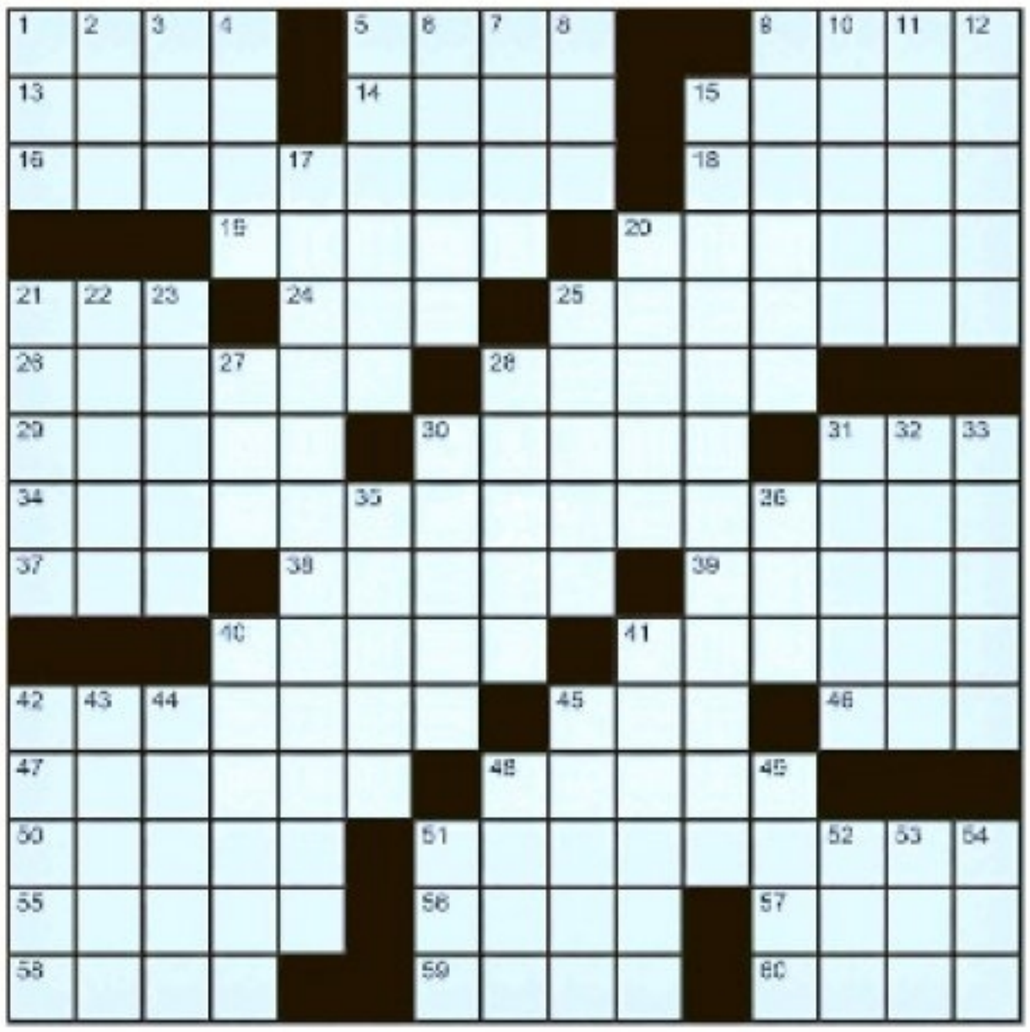
4. Use a thin, flexible spatula to loosen the patties and flip. Cook for another 5 minutes.

5. Serve on a bun with your favourite toppings, like tomato, avocado, lettuce, salsa, spicy mayo.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Butterfly's cousin
5. Havana's locale
9. "Fatigued!"
13. Boyfriend
14. "Step __!" (Hurry!)
15. "Flashdance" (1983) star Michael
16. Particular philosophy pupil of Plato's
18. "ER" actress Laura
19. Ms. Holmes
20. Tattletale
21. 1977 Steely Dan album
24. Little laugh, _-Hee
25. Stateliness
26. Judy Garland's daughter Ms. Luft's
28. Actress Rooney, and surnamesakes
29. "_ '_ In" by Wings
30. Show ticket, informally
31. Alsatian artist Jean
34. Leading lady in "Austin Powers: International Man of Mystery" (1997): 2 wds.
37. Bill _, 'The Science Guy'
38. Joie de vivre
39. Detection device
40. The _ (Winnipeg meeting place)
41. Stow cargo in a ship's hold
42. Cultural tourist attractions
45. Nothing
46. CBC commentator Mr. Murphy
47. Llama-like animal
48. Engraved head necklace piece
50. Cache
51. Artifact recovered from HMS Erebus: 2 wds.
55. Commonplace
56. Cash register drawer
57. "Stay" by Rihanna feat. Mikky _
58. Without
59. Daisy's optimistic pal?
60. Elwy _ (Movies-loving Member of the Order of Canada)

DOWN
1. Entrepreneur's deg.
2. Atop, in verse
3. Cocktail, Mai _
4. Corn cast-off
5. Wetland in Hamilton, _ Paradise
6. Free from knots
7. Nastiness
8. Aria in Bellini's 1835 opera I Puritani: "_ __, O Cara"
9. Farm animals
10. Tomato sauce brand
11. Vertical
12. _-washy
15. "Teenage Mutant __: Out of the Shadows" (2016)
17. 'Meeting of the Waters' Nova Scotia village
20. "American Horror Story" actress Ms. Paulson
21. "Fame" (1980) actress Debbie
22. British actress Ms. Richardson
23. Bandleader Mr. Shaw
25. Village People hit: "_ Man"
27. Pince-_ (Eyeglasses style)
28. Combo canines
30. Office worker 'tables'
31. Red _ (Tree in British Columbia)
32. Steal, archaically
33. Heat-resistant glassware
35. "Objective, _!" (1945) starring Errol Flynn
36. Celebritydom's Charlotte
40. Super scrumptious spreads
41. '80s British band, _ Red
42. Boat poles
43. 'U' of UHF
44. "Never Been to _" by Three Dog Night
45. Music: Nine Inch whats?
48. Blue-_ stock
49. Carry out the command
51. Irish actor Mr. Townsend, to pals
52. Mr. _ from "Lost"
53. Initials-sharers of Phoebe's portrayer on "Friends"
54. Fate

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Don't take it personally if relations with siblings, relatives and neighbours are strained today. A lot of people feel this way today. It's just how it is.

Taurus April 21 - May 21
Financial matters might disappoint you today. Quite likely, something will happen that makes you feel broke. Join the club; we number millions. You can overcome this hurdle another day.

Gemini May 22 - June 21
Relations with partners and close friends are strained today, definitely. Just don't expect too much from anyone. Easy come, easy go. It's no big deal.

Cancer June 22 - July 23
You might feel lonely or cut off from others today. This is a fleeting thing. Tomorrow is a good day to make new resolutions, because it's a New Moon.

Leo July 24 - Aug. 23
Someone older or more experienced might be critical of you today. (This always goes over like a lead balloon.) Just cope as best you can. Don't take it personally.

Virgo Aug. 24 - Sept. 23
Relations with the family authority figure will not be easy today. Therefore, avoid an important discussion if you can. In fact, run the other way!

Libra Sept. 24 - Oct. 23
You might be discouraged or worried today. Please know that this is just a temporary frame of mind; don't let it get you down. Tomorrow you can make new resolutions that are exciting.

Scorpio Oct. 24 - Nov. 22
This is a poor day to propose your financial ideas or to buy or sell anything, because someone will block your plans. Many people meet with obstacles today.

Sagittarius Nov. 23 - Dec. 21
This is a dicey day for dealing with partners and close friends. However, all relationships go up and down, don't they? It's just for one day.

Capricorn Dec. 22 - Jan. 20
You might feel lonely or cut off from others today. The irony is that you are building the fence that imprisons you.

Aquarius Jan. 21 - Feb. 19
Don't be discouraged if someone older criticizes you or shoots down your plans. This is happening to a lot of people today.

Pisces
Feb. 20 - March 20
This is a poor day to ask for approval or permission from anyone in a position of authority. Quite likely, the person's answer will be, "Talk to the hand." Choose another day.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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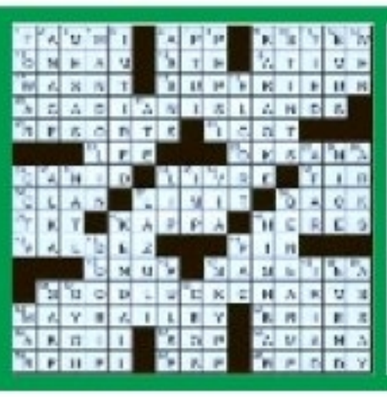
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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3	2	4	6	9	7	1	8	5
5	8	6	4	1	3	7	2	9
2	3	5	1	7	6	8	9	4
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